



# DHWP Health News

## Your Partner in Good Health

Volume 1, Issue 1  
The Summer Edition

July 2009  
Editor : Dara Watson

Children's Health, Injury Prevention

## School is out! Summer's in Keeping Kids Safe in the Summer Months

### Inside this issue:

How to Handle Summer Heat	2
Topics in Men's Health, Plan First	2
Skin Cancer—Everyone's at Risk	3
Fit for Life—Workout on a Dime	3
Lead, Immunization , The Nutrition Nook & The Village Health's Voice	4-5
News at DHWP	6
DHWP Events & Benefits of Water	7
DHWP Recipe	8
School Based Health Center	8

**S**ummer has arrived! For most children, this means more outdoor activities like swimming, camping, and bike riding. Summer is also a great time to enjoy cook-outs, family reunions and 4th of July fireworks celebrations as well. For parents, this means being extra careful when it comes to your child's health and safety. Here are some tips to help keep your child safe this summer.

### Swimming Safety

Swimming is a great way to cool off and get exercise in the summer, but it can also be dangerous. When kids are swimming always make sure there is adult supervision and kids have age appropriate flotation devices. You should also be aware of recreational water illnesses (RWIs) and how to help prevent them. Here are 3 tips:

1. Don't let kids swim if they have diarrhea; this is especially important for kids in diapers. Germs can be spread into the water and make others sick.

2. Don't swallow the pool water

3. Please practice good hygiene. Take a shower before swimming and wash hands after using the toilets or changing diapers.

### Sun Safety Basics

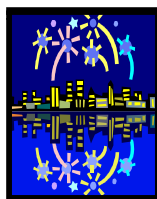
Use a thick layer of sun block with an SPF of 15 or higher once your child is 6 months old. Apply it about 30 minutes before your kids will be out in the sun and reapply it every few hours or even more often if your kids are swimming.

**\*Kids younger than 6 months old should be kept out of the sun.**

A hat, sunglasses, and loose fitting, full length clothing can also help protect your kids from the sun's harmful rays.

### Fireworks Safety

Fireworks can make summer celebrations festive occasions; but kids and fireworks can be a dangerous combination. In 2002 about 8,800 people



**Make plans to go to public fireworks displays instead of letting kids play with fireworks.**

were treated in hospital emergency rooms for injuries connected with fireworks. About half of the victims were under 15 years of age.

Fireworks should be used only with extreme caution. Older children should be closely supervised, and younger children should not be allowed to play with fireworks.

### Bicycle Safety

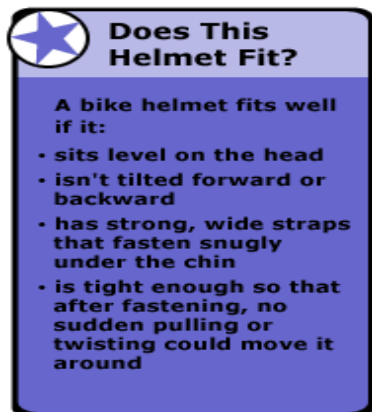
Bicycle helmet use should not be optional for kids, no matter how short the ride. Most bike accidents involve a head injury, so a crash could mean permanent brain damage or death for someone who doesn't wear one while riding. Here are some things to keep in mind when buying a helmet:

- ◆ Pick bright colors that can be seen by drivers and other cyclists.
- ◆ Look for a helmet that will circulate air.
- ◆ Make sure the helmet has a CPSC or Snell sticker inside. These tell that the helmet meets the

Continue on next page →

## Keeping Kids Safe in the Summer Months — con't from page 1

standards set by the Consumer Product Safety Commission (CPSC) or the Snell Memorial Foundation, a



nonprofit group that tests helmet safety.

♦ Finally, make sure your child's helmet fits correctly and can be adjusted.

### Using Insect Repellant

Keep your children free from mosquito and bug bites that can cause Lyme Disease and West Nile Virus by making sure you use bug repellant on kids when they go out to play. Some parents may have concerns about DEET, the active ingredient in most bug repellants, however the Environmental Protection Agency (EPA) does

not have any limits for this product.

Parents using DEET-free products should note oil of lemon eucalyptus products should **NOT** be used on CHILDREN UNDER 3 YEARS according to the package labeling.



Make sure kids use bug repel-

### Public Health Prevention

## It's Getting' Hot in Here! How to Handle Summer's Heat

**D**uring the summer many people spend a lot of time outdoors gardening, bike riding or just cooking out. When going outdoors many may remember to use sun block but forget to take precaution against the summer heat. It's important to pay attention to symptoms connected to several heat-related conditions and know what you can do to prevent summer heat from affecting your health.

**Heat cramps:** Painful spasms, mostly in legs and stomach, which can come after a lot of effort and heavy sweating.

You can tell Heat Cramps by the painful spasms usually in the legs and stomach muscles that may happen with tough activity. To relieve the pain apply firm pressure to cramping muscles or gently massage to relieve spasms. Replace fluids and consult your health care provider.

**Heat exhaustion:** Usually happens when people exercise heavily or work in a hot, humid place where body fluids are lost through heavy sweating. You can recognize Heat

Exhaustion by the heavy sweating, weakness, cold, pale and clammy skin, weak pulse. Fainting and vomiting are also possible. In order to help a person with heat exhaustion, lie them down in a cool place. Loosen clothing and apply cool wet cloths. Fan or move the person to an air-conditioned place. Give them sips of water and call your health care provider.

**Heat stroke:** Is a medical emergency where the body's temperature control system, which produces sweating to cool the body, stops working. Sun-

stroke is another word for heat stroke. You can know Heat Stroke by a person's high body temperature (106+), hot, dry skin and strong fast pulse. A person can possibly be unconsciousness and will likely not sweat.

Heat stroke is a severe medical emergency. Call 911 or get the person to a hospital immediately. Move to a cooler place and try a cool bath or sponging to reduce body temperature. Use fans and/or air conditioners to cool the body. **DO NOT GIVE FLUIDS.**

### Women's Health

## PLAN FIRST!

**P**LAN FIRST For Your Health! This message is for women only!

**ATTENTION WOMEN 19-44!** Do you need protective medical healthcare services? The Detroit Department of Health and Wellness Promotion wants to help you get **free** family planning services through PLAN First! PLAN First! is a Medicaid insurance program that pays for your annual exams, screening for breast and cervical cancer, testing for Sexually

## Planning Healthy Families

Transmitted diseases and infections and HIV. PLAN First! also covers the cost of your birth control and pregnancy testing. All Services are completely confidential. Enrolling is simple.

To apply Contact the Detroit Department of Health and Wellness Promotion at 313-961-2229.

For information on other family planning topics, contact the Family Planning Health Educator at 313-870-0609.

## Skin cancer... A risk for all skin types —

article written by Sabriya Rice, CNN Medical News

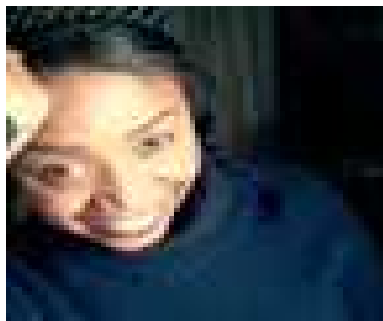
I admit it. I have never worn sunscreen. Ever! The truth is, like many other people of color, I just didn't think I needed to.

The Centers for Disease Control and Prevention (CDC) says messages about skin cancer protection have usually targeted fairer-skinned people because this group is 10 times more likely to develop melanoma, the most lethal type of skin cancer. Perhaps as a result, many minorities, myself included, consider skin protection a non-issue. And an informal poll of my African-American family and friends found NONE of them actively wears sun protection during the summer.

The truth is, skin protection IS an issue for this group... especially since new research finds darker-skinned people who develop melanoma are more likely to die from the condition. Although black people are less likely to develop skin conditions, they are three times more likely to die than whites. Lack of protection, along with late detection, often leads to higher death rates for black people, as well as for Hispanics, Asians and Native Americans.

Part of the misunderstanding has to do with melanin, the pigment that gives skin and hair their natural color. I have always had the idea that because I have lots of melanin, I am at not at risk. Not true! Although pigmentation helps block the sun's damaging UV rays, acting as a natural layer of protection, it does so only so much. Dermatologists are now seeing people from various ethnic groups coming in for skin checks because of a rise in skin cancer overall. And darker-skinned patients, if they are getting enough sun exposure, are equally at risk.

The moral of the story is that no one is exempt. The CDC recommends a sunscreen with a sun protection factor or SPF of at least 15 for everyone.



Sabriya Rice, Associate Producer  
for CNN Medical News

### Reduce Your Risk for Skin Cancer

In addition to wearing sunscreen, the American Academy of Dermatology (AAD) recommends that everyone follow these sun protection guidelines:

- ♦ Avoid outdoor activities between 10 a.m. and 4 p.m. when the sun's rays are the strongest
- ♦ Seek shade whenever possible
- ♦ Wear protective clothing and accessories, such as wide-brimmed hats and sunglasses
- ♦ Follow the "Shadow Rule" — if your shadow is shorter than you are, the sun's damaging rays are at their strongest and you are likely to sunburn
- ♦ Avoid tanning beds

Source: American Academy of Dermatology

### Nutrition & Fitness

## Fit for Life —

### Workout without your Wallet Breaking a Sweat!

So you've decided it's time to get your body moving and fit for summer and beyond. You know getting in shape may help you live a longer, healthier and more enjoyable life. Great! Now you're wondering: "How do I get started when I only have limited money to go towards working out?" Well, you don't have to own fancy gym equipment or have a membership to an expensive fitness club to get fit. Let the outdoors be your own personal gym! You can workout for free by running or walking outdoors. If you already own a bike, roller skates or rollerblades, take a trip to Belle Isle or another local park to get your cardio workout in. Jumping rope burns a lot of calories or try working out at one of the recreation centers, a great free or low-cost option. Many churches may also offer free fitness classes. Other options include indoor roller-skating, playing basketball or tennis and going

to the park and the local pool to swim. Try a yoga DVD at home for a workout that will increase your strength and flexibility along with helping to calm your mind as well.

If you absolutely must have workout equipment to help you get the best out of your home gym, consider second-hand equipment. If you have the space, a home gym can be a very convenient way to stay in shape. You can cut costs a lot by shopping around for second-hand equipment on Craigslist and other sites like ebay or at local garage sales. One person's junk is another's treasure!



## Public Health Prevention

## The Truth about the Swine Flu

H1N1 is a new flu virus that began in swine and was first discovered in April, 2009. The virus is spread from person-to-person in the same way regular seasonal flu viruses are spread, through the coughs and



sneezes of people who are sick with the virus.

Because this is a new virus, most people will not have immunity or protection from it, and illness may be worse and more widespread than the regular flu.

Right now there is no vaccine to protect against the H1N1 virus. At this time, the largest number of H1N1 flu

known and possible cases have occurred in people between the ages of 5 and 24-years-old. At this time, there are few cases and no deaths reported in people older than 64 years old, which is rare compared with seasonal flu. While at this time the State of Michigan has 655 confirmed and probable cases of H1N1 and 5 related deaths, there have been no deaths in the City of Detroit and most who have died had other underlying illnesses.

**What You Can Do to Stay Healthy**

~ Stay informed. Check the CDC website, the local health department or watch the local news for more information

~ Cover your nose and mouth with a tissue when you cough or sneeze. Throw the tissue

in the trash after you use it

~ Wash your hands a lot with soap and water, mainly after a cough or sneeze. Alcohol-based hands cleaners are also good.

~ Don't touch your eyes, nose or mouth. Germs spread that way

~ Try to avoid close contact with sick people

~ Stay home if you get sick. CDC suggests you stay home from work or school for 7 days after symptoms begin or until you have been symptom-free for 24 hours, to keep from spreading the virus to other people

~ Follow public health advice about school closings, staying away from crowds and other social distancing measures

~ Find healthy ways to deal with stress and anxiety

Call 1-800-CDC-INFO for more information.

## Public Health Prevention

## Get the Lead Out - Make Your Home Lead Safe

The Detroit Department of Health and Wellness Promotion Childhood Lead Poisoning Prevention and Control Program has partnered with the Detroit Home Depot to promote Lead Safety in Remodeling, Renovations, and Repairs! Most homes built before 1978 contain lead paint, and if not handled properly it can poison our children. Let's stop our children from

being Lead Detectors. We want to inform the community about possible lead hazards to keep our children from being poisoned. Learn how to

Most homes built before 1978 contain lead paint, and if not managed properly it can poison our children.

keep your family safe from the dangers of lead paint by scheduling a Lead Safety Workshop at your school, church or community center. This workshop will include tips on how to clean, repair and remodel areas in your home to help make it lead safe.

For more information call Victoria Wiley at (313) 876-0720.

## Nutrition &amp; Fitness

## The Nutrition Nook — DHWP Summer Food Service Program

The Summer Food Service Program (SFSP) is a Child Nutrition Program that feeds children during summer school vacations. It's funded by the Michigan Department of Education (MDE) through the United States Department of Agriculture.

The 2009 DHWP SFSP will begin its 40th straight year serving meals at over 250 sites throughout the city of Detroit, averaging 3,000 breakfasts and 8,000 lunches daily.

The program will start June 15, 2009 and run through August 21, 2009.

Training for organizations' who wish to participate in the DHWP SFSP begins May 26, 2009, Monday through Friday (three times per day).

**WHO CAN PARTICIPATE?**

Children who are 18 years of age or younger.

Disabled persons, regardless of age, who are confirmed by MDE or a local public educational agency to be mentally or physically disabled and who participate in a public or non-profit private school program set up for the mentally or physically dis-

abled.

Meals supplied to eligible programs are breakfast and lunch.

Breakfast is served at all locations Monday through Friday between 9 am to 10 am and lunch is served at all locations Monday through Friday from 12 noon to 2 pm.

For more information on the DHWP Summer Lunch Program call 313-876-4850 Monday – Friday between 9 am – 3 pm.





## Men's Health

## Testicular self-exam: How and why to do it (by The Mayo Clinic)



**T**esticular cancer is most common in men ages 20 to 35 — but it can occur at any age. A simple testicular self-examination can improve your chances of finding a tumor early. It's a good idea to do a monthly testicular self-exam. Regular testicular self-exams are an important way to look for changes that can be a sign of cancer. If you find testicular cancer early it is highly treatable.

### How do you do a testicular self-exam?

It's a good idea to check your testicles once a month, after a warm bath or shower. The heat from the water relaxes your scrotum, making it easier for you to check for anything unusual. To do a testicular self-exam, follow these steps:

- ◆ Stand in front of a mirror. Look for any swelling on the skin of the scrotum.
- ◆ Examine each testicle with both hands. Put the index and middle fingers under the testicle and place your thumbs on the top.
- ◆ Gently roll the testicle between the thumbs and fingers. Feel for

lumps and bumps. Remember that the testicles are usually smooth, oval shaped and somewhat firm.

- ◆ If you find a lump, call your doctor as soon as possible. Signs and symptoms of cancer include lumps, swelling, a heavy-feeling testicle and pain. Don't be embarrassed about calling your doctor if you find a lump or other problem. Early detection is important — over time, testicular cancer can spread and it becomes more dangerous and difficult to treat.

## Chronic Disease Corner

## Take The P.A.T.H. Towards Better Health

**G**et on the PATH! What is PATH? PATH stands for Personal Action Towards Health and is a program created to provide skills and tools needed by people living with chronic health conditions. These workshops are designed to help people improve their health and manage their symptoms. As a result, people are better able to face the daily challenges of living with a chronic condition. How does PATH work? Two trained leaders

(one or both may have lifelong health conditions) lead workshops that help participants learn to deal with challenges related to not feeling well. They teach them how to talk with healthcare workers and family members about their condition, how to overcome stress and learn ways to relax. Participants also learn how to handle everyday activities more easily while staying independent. "The people start to interact and ask questions of each other, giving tips on

how and where to find answers to their questions. They don't want them to end," said one PATH participant. PATH workshops meet 1 day a week for 2 1/2 hours for 6 weeks at several locations around the city.

**Want to feel better and be Empowered? Get on the PATH!**  
**Contact: Murlisa Lockett at 313-876-0542**

## Public Health Prevention

## Hot Shots! Immunization News—Human Papillomavirus (HPV)

**G**enital HPV is the most common sexually transmitted infection in the United States with around 6.2 million new infections each year. Most infections have no clear symptoms, so many don't even know they have it. However, continued infections from some types of HPV can cause cervical cancer in women and anal and penile



**Make sure your daughter gets her HPV shots this summer**

cancer in men. HPV infection is also the cause of genital warts in both sexes. Even with the widespread use of Pap testing, finding tears in the cervix before they become cancerous, there will be about 11,000 new cases each year and about 3,700 women will die from cervical cancer, with blacks, Hispanics and certain Asians having higher rates of cervical

cancer. 11-12 are the recommended ages for vaccinating females against HPV, but it can be given as young as 9 years old. Catch-up shots are recommended for girls ages 13-26. The HPV vaccine is a 3-dose series, with a 2nd and 3rd dose given 2 and 6 months after the first dose.

Don't wait until fall, get your daughter vaccinated this summer for HPV at DWHP. Call 313-876-4334 for clinic times and locations.

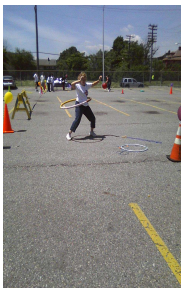
## What's New at DHWP?

### DHWP's Biggest Loser Employees Challenge

Be the Change you want to see is the attitude of DHWP in kicking off the Biggest Loser employee challenge. This program started as a 3-month competition by employees in the Substance Abuse, Prevention, Treatment and Recovery division who wanted to find a creative and fun way to lose weight and become healthier. With the success and interest in the challenge in this unit, DHWP's new health director, Dr. Calvin R. Trent thought this would be a great way to help all of DHWP take the challenge to create a healthier life. With obesity among Americans growing at an alarming rate and being a factor for many of the chronic diseases people are now facing, it's important as a public health agency that we are positive role models for healthy living in our community. According to the Centers for Disease Control and Prevention (CDC) more than 72 million people in the U.S. are obese. Being obese means having an unusually high amount of body fat, while being overweight is having too much body weight compared to set standards. A person can be overweight without being obese.

In Detroit, 38.1% of the residents are obese while 31% are overweight. Since 1980, obesity rates for adults have doubled and tripled for children in the U.S. This rise affects all groups in society—despite age, sex, race, ethnicity, economic status, education level, or geographic region. The good news according to DHWP Registered Dietician Eve Van Dalsen is just a 10% weight loss

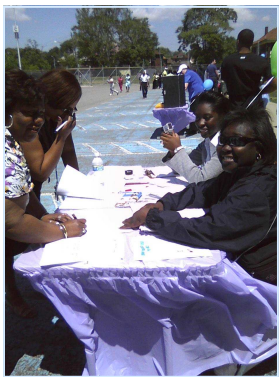
over the long term reduces the risk of hypertension (high blood pressure), diabetes and other weight related chronic diseases.



DHWP Biggest Loser

The DHWP's Biggest Loser Employee Challenge was put into place to help employees improve their own personal health and weight loss goals while at the same time learning different ways to help community members

make positive lifestyle changes in the movement towards healthy living in Detroit. 109 employees are participating in the 12 week weight loss competition and after only 2-weeks positive changes can already be seen. "[Employee] moral has improved, there's a buzz in the hallway and people are looking out for each other," said Van Dalsen. "This challenge really reinforces the importance of community [support] in order to help each other succeed. On a day to day basis, it's the people around you who impact your choices and behaviors the most"



From the DHWP Biggest Loser Employee Challenge Rally

Here are some tips for setting up your own Biggest Loser Challenge in your family, church, school or neighborhood:

- \* It is important to have a home base, a church, a community center or a family member's house where you all feel comfortable and can meet and weigh in on a weekly basis
- \* Make sure you have a reliable and accurate scale
- \* Form teams and get a work-out buddy. People are more likely to stick with a program if they are held accountable.
- \* Make it fun! Create team challenges, who makes the best healthy recipe, set up a fitness challenge. Check out [www.dashdiet.org](http://www.dashdiet.org) for healthy and tasty recipes.
- \* Create a motivating factor. Whether it's a jackpot of money for the winner, a month of free babysitting or dinner prepared for the group by the losing team, find fun, creative ways to motivate your group to get up and move to lose (to win!).
- \* Talk your doctor before starting any weight loss program especially if you have had long-term health issues.
- \* Make an appointment for a consultation with a DHWP Nutritionist by calling 313-876-4826



## Schedule of Events July 2009

\* **The STD Surveillance & Intervention Program** has the following upcoming events: **July 25, 2009** Hotter than July celebration will take place all day in Palmer Park and will be primarily focusing on the MSM population providing syphilis testing. **July 25 & 26, 2009** Veterans Stand Down will take place at the Veterans' Disability Center located at 277 Park Ave., HIV and syphilis testing will be available. This event is open to veterans only, ID is required. For questions about these events call 313-876-0442

\* **The Detroit Immunization Program** will be holding evening walk-in immunization clinics at the following times and locations: **3:00-6:30 pm Wednesdays @** Grace Ross Health Center located at 14585 Greenfield Rd. & Northeast Health Center located at 5400 E. 7 Mile Rd., **Thursday July 9 & Tuesday July 28, 2009 @** the Herman Kiefer

Pathway Center located at 1151 Taylor Rm. 154B - If you have any questions please call **313-876-4334**.

\* **The Bureau of Substance Abuse, Prevention, Treatment & Recovery** will be taking their services and resources to the streets on **Friday July 24, 2009 from 12—4 PM** at the Kemeny Recreation Center located at 2260 S. Fort St. For more information please call **313-876-0769**

\* **The DHWP Women, Infant & Children (WIC)** will be sponsoring a program: Project Fresh Kick-Off Weekend on the following dates and locations: **July 24, 2009 from 10 AM—1 PM** in the parking lot of the Herman Kiefer Health Complex located at 1151 Taylor St.,

\* **July 25, 2009 from 10 AM –3 PM** at the NSO Harper-Gratiot Multi-Service Center located at 9641 Harper, CHASS Farmer's Market

**July 27, 2009 from 1-4 PM** at the CHASS Health Center located at 5635 W.Fort Street.

\* **The DHWP School Based Health Center** will be providing Medicaid outreach at a Community Baby Shower at the Carter Metropolitan CME Church located at 1510 W. Grand Blvd. on **July 16, 2009 from 10 AM-2 PM**.

\* **The HIV/AIDS Program & Bureau of Substance Abuse, Prevention, Treatment & Recovery** presents A Special Summer Evening with Max Smith on **July 7, 2009 from 6—8 PM** at Full Truth Ministries located at 4456 Joy Rd. for more information call 313-876-0980 or 313-876-4845.

### Fitness & Nutrition

## The Health Benefits from Drinking Water

Most people don't quite get the health benefits of drinking water yet. They usually think that water is only needed when you feel thirsty and there couldn't be a bigger mistake than that. About 66% of our bodyweight is water. Our muscles contains about 75% water, our brain tissue contains about 85% water, 83% of our blood is water and even 22% of our bones is water. **Here are 6 health benefits of drinking water:**

### 1. Keeps your brain healthy

Drinking water regularly keeps the brain functioning. Not enough

water can cause dehydration which can cause headaches, chronic fatigue syndrome and depression.

### 2. Water controls body temperature

Water helps control body temperature, especially during exercise, by helping you to cool off through perspiration.

### 3. Flush out the toxins

Drinking water regularly lowers the load on your kidneys keeping our bodies pollution free.

### 4. Decrease risk of heart attacks

Researchers found people who drank more than 5 glasses of water a day are less likely to die from a heart at-

tack than people who drink less than two.

### 5. Fresh and healthy skin

Drinking water replaces the moisture lost due to everyday activities. When the skin is properly hydrated, it looks plump and more radiant, making you look younger

### 6. Lose weight by drinking water

Drinking more water can help to stop overeating and help weight loss by flushing out the by-products of fat breakdown. When there isn't enough water to dilute the body's waste products, kidney stones may form



## Detroit Department of Health & Wellness

The HOPE Unit  
1151 Taylor  
Detroit, MI  
48202

Phone: 313-876-0761

Fax: 313-876-4897

E-mail:

watsonda@health.ci.detroit.mi.us

Your Partner in Good Health

Find us on the web!  
[www.dethealth.org](http://www.dethealth.org)



School may be out, but the DHWP School Based Health Center located at Northwestern High School will be open and providing health services to eligible clients. Summer is a great time to make sure children are going for their well-child check-ups. Many times parents only bring their child to the doctor if they are sick or hurt. However well-child check-ups are a wonderful opportunity to make sure all is going well with your child as well as identify and prevent any possible future health conditions. At well-child check-ups doctors can monitor a child's growth and development, review immunization status and make sure they're up to date, perform physical exams, discuss routine screening/laboratory testing, talk about injury prevention and promote healthy lifestyle choices as well as refill any routine medications.

The DHWP School Based Health Clinics provided primary care, physical and sports physical exams, immunizations, nutritional and asthma controls programs, mental health counseling, vision and hearing screening, Medicaid enrollment along with pregnancy and STD testing to youth ages 10–21 at both locations. Additionally anonymous and confidential HIV testing and counseling are available as well.

The clinic locations and summer hours are:

**Northwestern High School**  
2200 W. Grand Blvd. R. A-300  
313-596-0700 ext. 388  
**Monday—Friday 7:00 AM—3:30 PM**

We really want to see you, but please call to schedule an appointment before stopping in to see us first.

## DHWP Nutrition Division's **Hot** Healthy Recipe for a Cool Summer

Going to a cookout this summer! Try this favorite dish with a new twist.

### Potato Salad Cha Cha Cha

**Preparation time: 25 Minutes**

**Serves: 6, Cups of Fruits & Vegetables per Serving: 1**

#### **Ingredients:**

- 1 1/3 pounds (4 medium) potatoes, cut into 3/4-inch cubes
- 3 Tbsp. vegetable oil
- 2 1/2 Tbsp. lime juice
- 1 1/2 Tbsp. bottled mild jalapeño sauce
- 1 1/2 tsp. chili powder
- 1/2 tsp. salt (optional)
- 15 oz. can black beans, rinsed and drained
- 7 oz. can vacuum packed whole kernel corn, drained
- 1 cup diced tomatoes
- 1/2 cup sliced green onions



In large saucepan, cook potatoes, covered, in 2 inches boiling water 10 to 12 minutes or until just tender. Drain and cool. Meanwhile, in large bowl, whisk together oil, lime juice, jalapeño sauce, chili powder and salt, if desired. Add potatoes and remaining ingredients. Toss gently to mix thoroughly.

Each serving provides an excellent source of vitamin C, fiber, and potassium.

**Nutritional Information per Serving: Calories: 239**

**Carbohydrates: 37g, Total Fat: 7.9g, Cholesterol: 0mg, Saturated Fat: 0.8g, Dietary Fiber: 8g, % of Calories**